Wellness Events this Month!

Did you know that Heart Disease and Stroke kill 1 in 3 women? Yet it’s 80% preventable?

*https://www.goredforwomen.org/

February 6th is National Wear Red Day! Show your support by wearing red!

JOIN US AT 2PM ON FRIDAY IN THE STUDENT CENTER FOR A GROUP PHOTO

Get Your Numbers
Ask your Doctor to check your blood pressure and cholesterol.

Own Your Lifestyle
Stop smoking, lose weight, exercise, and eat healthy. It’s up to YOU. No one can do it for you.

Realize Your Risk
We think it won’t happen to us, but heart disease kills one in three women.

Educate Your Family
Make healthy food choices for you and your family. Teach your kids the importance of staying active.

Don’t Be Silent
Tell every woman you know that heart disease is their No. 1 killer.

Sometimes the most important step is your first.

Take the first step towards a healthier life by taking an online personalized health assessment. It takes just fifteen minutes to complete and you will immediately see your “wellness score” and confidential results that can help you better understand your health opportunities. (Click HERE to get started).

Turn in proof of completing the Health Assessment to HR and you’ll be entered into a drawing to win a Wellness prize!

50% Off Rec Center Memberships!

Rates are now 1/2 off through February 15, 2015.

Semester Rates
Faculty and Staff: $38  |  Alumni: $50
Seniors: $25  |  Community: $63

Contact the Recreation Center at 713-313-6885 to sign up.
Faculty and Staff Meal Plan

Get your meals at a rate $6.00 or less per meal when you choose a meal plan.

20 Meals: $115 + Tax
10 Meals: $60 + Tax

Order your meal plan in the Tiger’s Lair or the Student Center Cafeteria. Pay with Cash or Credit.

Meal plan usage is only good in Tiger’s Lair and Student Center Cafeteria.

Did you know that by participating in certain Wellness activities you can gain a bonus 8 hours of leave time?

Review our Wellness Benefits HERE for more information!

Wellness Champion of the Month!
Melanie Jackson, Supervisor (Accounts Payable)

My motivation is to become an all-around better person. Anything I can do to uplift myself; the better wife, mother, sister, friend, colleague, I can become. I had to adopt a “no-excuses” motto to meet my weight loss goals and to just get moving. Besides, I could no longer blame my dynamic – duo (mother of twins) for the extra jelly in my tummy (lol); they are eight years old now! Join me and the rest of the Wellness Champions and “Get Moving!”